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NSAB MWR Launches Free App for Android, iPhone, iPad

By Mass Communication Specialist 3rd Class
Brandon Williams-Church
NSAB Public Affairs staff writer

Naval Support Activity Bethesda's (NSAB) Morale, Welfare and Recreation (MWR) department launched a free application (app) for mobile devices March 20.

Available for Android devices, iPhones and iPads, the app aims to be a tool for users on-the-go to receive communications regarding NSAB events and pertinent news, among other important information.

The app, called "NSAB Mobile," was designed by MWR Marketing Coordinator Edward Kenny as a mobile tool for everyone on base, including every tenant command to send or receive information, directions and other news about the NSAB campus, said Kenny.

"It's like a mobile directory that has command and tenant command information, events postings, dining information as well as parking listings, color-coded based on the campus map that can link up with your GPS direction finder to locate a lot or building," said Kenny.

MWR Marketing Director Jenny Charlson helped initiate the launch of the app as a way to bring the entire base together under one centralized media outlet.

"NSAB Mobile contains a way that the entire base can become a little smaller and more localized," said Charlson. "There are many different tenants and several people running different departments. This is one source that can pull all of that information together in an easy-to-use shell. It brings NSAB together as a

Courtesy photo

If any tenant command onboard NSAB needs information about their mission, events or news regarding their staff put out, the head of the command or selected point of contact would simply communicate with Ed Kenny to have that information put on the app.

NSAB Mobile is also a useful tool to put out vital/emergency information regarding the base.

"If the base needed to put out any urgent information, it will send notifications like any other app," said Charlson. "The information would have to be sent through a security manager and forwarded to Ed Kenny to make sure everyone who has downloaded the app is up-to-date on what is happening on base."

NSAB Mobile is the first base-wide app of its kind within the NDW region said Kenny.

"We are trying to keep up with the digital age since it seems everyone is using their mobile device for many of their daily tasks."

Any staff, patients or visitors to NSAB are encouraged to download the app. Simply use keywords such as Naval Support Activity Bethesda, NSAB Mobile or NSAB when searching for the app in your dedicated app downloader.

"The possibilities are endless," said Charlson. "I would encourage anyone that works, visits or is a patient onboard NSAB to download the app. It's free!"

To have any information placed on the NSAB Mobile app contact Ed Kenny at Edward.Kenny@med.navy.mil. For more information about the app contact Jenny Charlson at Jenny.Charlson@med.navy.mil.

base because everybody is using one source to find out what they need to know. In a sense it's a one stop shop."

The app has many useful pages that users can view to gather information on gate

opening and closings, recreational outlets, shopping opportunities and job listings within the Naval District Washington (NDW) region.

"[NSAB Mobile] can also tie back with certain existing

social media that we have out there and the Commander, Navy Installations Command website," said Kenny. "This app is more of an easily updated, interactive tool to many different information sources."

Commander's Column

It has been approximately 6 months since my last construction update, so in this week's column, I plan to provide some updated information related to the many ongoing construction projects aboard Naval Support Activity Bethesda.

Sanctuary Hall (Building 64) and its accompanying parking structure (Building 65) are located on Taylor Road just Northeast of Building 17. The utilization of this building is currently under discussion. Sanctuary Hall is 134,416 square feet in size and will provide a combination of approximately 200 mixed use rooms and suites, approximately 37 two-bedroom suites and 126 single rooms, common use areas and a roof top patio. The design is aimed to achieve designation as a LEED Silver building. The expected delivery date for Buildings 64 and 65 is May 2014; however, we have been fortunate to be able to use a portion of the parking structure for several months. The Sanctuary Hall parking structure is 167,000 square feet and has approximately 470 parking spaces.

The Child Development Center (CDC) is a three phase project to include Buildings 26, 87, and 88. Construction for the CDC, Building 87, began in March 2013 and includes a new single story building that is approximately 34,290 square feet, accommodating 300 children, from 6 weeks to 5 years old. This building will have radiant heated floors as a part of its energy initiatives. The estimated completion date is late April 2014. The Continuous Child Care Facility (CCCCF), Building 88, is smaller with approximately 5,000 square feet, and is designed to provide 24/7 child care for 20 children up to age 12. The concept of the CCCC is to combine the strengths of in-home style care with those of center-based care. The expected completion date is late April 2014. The final phase is a partial renovation of approximately 2,992 square feet of the existing CDC building. Upon completion, this building will accommodate 298 children, 6 weeks to 5 years old. The estimated completion date is late June 2014.

The USO Warrior and Family Center (Building 83) is located on Taylor Road, between Tranquility and Sanctuary Halls. This 16,000 square foot facility will be divided into three specific zones. The first zone is Recreation and Normalcy. It will include a



fireside lounge, kitchen and dining area, grill and patio area, and a combination sports lounge and gaming center. The second zone is Respite, which will provide a place of quiet contemplation and retreat. Respite will include a therapeutic enrichment studio, quiet seating zones, a serene landscape area and meditation garden. The final zone is Education and Work. This area will include a life enrichment classroom, business center and a community room. This building will be dedicated to the late Prescott

Bush (father of George H. W. Bush and grandfather of George W. Bush) for his support to the USO. From his time with the USO beginning in 1941, Mr. Bush raised more than \$210 million for the USO, which translated into today's dollars, is roughly \$2.6 billion. Building construction began in November 2012 and is scheduled for completion in March 2014. The ribbon cutting ceremony for the facility will be April 1, 2014. There are several kick-off events planned.

The Comfort and Solace Buildings (Enlisted Barracks) are being refaced. Comfort Hall (Building 60) has the West Wing completed and the East Wing is scheduled for completion in April 2014. The Solace Hall (Building 61) renovations are scheduled to begin in May 2014 with completion scheduled for May 2016.

Lastly, construction on the Dosimetry Temporary Medical Facility is nearly complete. It is approximately 10,000 square feet, and is located in the northwest corner of the G parking lot. This building is being constructed to support the Comprehensive Master Plan/Medical Center Addition and Alterations (CMP/MCAA) project. The CMP/MCAA project has been delayed approximately two years. The construction of the additional 90,000 square foot temporary building will be delayed as well.

Construction aboard the installation will continue, and there are a number of smaller projects that will occur. With that in mind, I will periodically update you with information on new projects as they begin, as well as existing projects as they progress.

Thank you for what you do every day.

**All ahead flank,
Capt. David A. Bitonti
Naval Support Activity Bethesda
Commanding Officer**

Bethesda Notebook

Command Assessment Survey Extended

The Command Assessment Survey at Walter Reed Bethesda has been extended until Monday. All staff members at Walter Reed National Military Medical Center (WRNMMC) are encouraged to participate in the survey. The confidential survey can be found at www.deocs.net/user4/login/login.cfm. It is used to evaluate the command climate, assessing staff's concerns, morale, job satisfaction and quality of life at WRNMMC. For more information, contact Lt. Cmdr. Pandora Liptrot at 301-295-2178.

TRICARE Service Center Goes Online

The TRICARE Service Center, in Building 9 at Walter Reed Bethesda, transitions to a 24/7 online service and phone assistance operation Tuesday. Walk-in service ends this day, but beneficiaries will still be able to get the same assistance via online support at www.tricare.mil, or by calling 1-877-TRICARE (1-877-874-2273). Assistance is also available through Health Net Federal Services, LLC, the TRICARE regional contractor, at www.hnfs.com. For more information, call 301-295-5143.

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Women's History Month: In Uniform, In Military Medicine

By Sharon Renee Taylor
WRNMMC Public Affairs
staff writer

In observance of Women's History Month, The Journal asked women who serve their country in uniform at Walter Reed National Military Medical Center (WRNMMC) to tell us about the women who inspired them, and why they think it's important to observe Women's History Month.

With a combined total of more than half a century in uniform, Army Col. Risa Ware, Air Force Maj. Maribel Morgan, Navy Chaplain (Lt. Cmdr.) Kimberly Cain, and Army Master Sgt. Staci Harrison draw inspiration from their families, teachers, trail-blazing female history-makers as well as the leaders they work alongside. They are wives; they are single mothers. On the battlefield, abroad and stateside they serve their country in uniform with military medicine.

Army Col. Risa Ware

Director for Nursing Services at Walter Reed Bethesda, Ware deployed to Iraq in 2006 for a year. Her son, Mack, was 10 at the time. She said her deployment was one of the biggest challenges she faced as a mother, a parent in uniform.

"He was old enough to understand I was leaving, but unfortunately he was also old enough to understand I was going into harm's way. He could email and we could talk on the phone. That was probably the biggest challenge, being away from him during that time ... the other thing was explaining to him why I had to move him every two years."

Ware served four years in the reserves and worked as a pediatric intensive care nurse at Denver Children's Hospital before signing on for active duty and eventually becoming a family nurse practitioner — a total of 29 years and counting with the Army. She credits two women for inspiring her to achieve.

"My mom first and foremost," Ware said. "I don't think I realized how much or how important her influence was on my life until I got older, maybe even until I became a mom, myself. She always said, 'You can be anything you want to be; you can do whatever you want to do.' I think a lot of parents tell their kids that, but I don't know how many of



U.S. Army Photo

Army Col. Risa Ware, Director for Nursing Services at Walter Reed Bethesda, said her mother, Minnie Ruth Rigler, was her first and foremost inspiration to achieve success. She said retired Army Col. Donna Chapman taught her how to be a leader.

them really mean it. She supported us in whatever decision we made, what we wanted to be; she didn't push you in any one direction."

As she grew up on a dairy farm in the panhandle of Texas, Ware said her mother, Minnie Ruth Rigler, instilled self-sufficiency, capability and attitude. According to the colonel, another woman also inspired her to continue to achieve, and taught her how to be a leader.

During a time when Ware was contemplating ending her military career, now retired Col. Donna Chapman encouraged her to remain in the Army, and return to school to become a family nurse practitioner.

"It was the best decision ever, because it has worked out well for me and it's been something I loved."

She explained why Women's History Month is important. "We talk about the general officers in battle, we don't necessarily talk about the family members, or wives during war who were back at home tending farms so their husbands could go fight. We tend to forget those 'unsung heroes' and I think that's one of the things that's important about Women's History Month. It's a time to remind folks that there are a lot of people who contribute to our history, and without the families we have at home, many heroes could never have done the things they did."



Photo By Sharon Renee Taylor

"We must always revisit our history, it is the only way to learn and grow," explained Air Force Maj. (Dr.) Maribel Morgan, a neonatologist who runs the NICU high risk follow up clinic.

Air Force Maj. (Dr.) Maribel Morgan

"We must always revisit our history, it is the only way to learn and grow," explained Morgan, a neonatologist who runs the NICU high risk follow-up clinic at WRNMMC. "It is a great way to reflect on the challenges we have overcome, and celebrate those that were brave enough to face them head on. In that reflection, we will find the inspiration and purpose to continue addressing the challenges that remain as women and as human beings."

The pediatrician with eight years in the Air Force said her mother, Eida Montalvo, was her main inspiration for joining the armed forces. "She inspired a sense of duty, dedication and discipline in me," Morgan explained.

She also named pediatric cardiologist Dr. Helen Taussig and Dr. Mary Ellen Avery, a neonatologist/pediatrician. Both were physicians at a time when women in medicine were uncommon, said Morgan. Cited for establishing the field of pediatric cardiology in 1946, Taussig developed the concept for a procedure that would extend the lives of children born with blue baby syndrome. A pioneering researcher, Avery's studies in the 1950s led to the discovery of the main cause of respiratory distress syndrome (RDS) in premature babies.



Photo by Lt. Cmdr. Kimberly Cain

"I think that it is important to observe Women's History Month because it is imperative that our country never forget the important contributions that women have made to our Country," Navy Chaplain (Lt. Cmdr.) Kimberly Cain, a clinical chaplain at Walter Reed Bethesda.

"They became pioneers in their fields making great contributions," Morgan said. "They are my 'go to' examples of driven women who accomplished great things with dedication and hard work."

Navy Chaplain (Lt. Cmdr.) Kimberly Cain

Cain, a clinical chaplain at Walter Reed Bethesda, explained why it is important to observe Women's History Month.

"It is imperative that our country never forget the important contributions that women have made to our country. We have to remember the virtuous sacrifices of so many women and men, who campaigned for women's rights to vote and to work, and those who are still fighting for equality in the workforce," she said.

The chaplain has served in the Navy for 21 years, with prior enlisted and reserve time. Cain is certified in Reiki Level I, with specialized training in clinical pastoral care and mind and body skills. She said she was first inspired by her mother, the late Ila Frances Shaw Isaac.

"My mother was a regal woman and worked for years as the minister of music at the church I grew up in. During that time, it was frowned upon for women to be leaders in church circles; however, my mother was in that pulpit ev-



U.S. Army Photo

Army Master Sgt. Staci Harrison, the Senior Enlisted Leader in the Directorate for Nursing, explained why it's important to observe Women's History Month. "Women have many accomplishments to their credit — one of them is for raising the superstars of the world."

ery Sunday leading worship!" Cain said. "I admired her tenacity to lead worship gracefully even in the face of those who strongly opposed women pastors."

Two women have shaped the chaplain's career. "Dr. Melody Goodwin and Dr. Brenda Bradley Davila, both, whom I call my 'sea mothers' — they are senior chaplains whose shoulders I stand upon in regards to being a naval officer and woman chaplain," Cain explained.

"I have spent countless hours in their presence, learning under their tutelage how to balance being a pastor and naval officer. We are called to do both, they have helped me understand work/life balance and the art of intentional self-care which I am still learning to put into practice," she said.

Navy Capt. Bradley-Davila enlisted in the Navy Reserve as a hospital corpsman after answering "the call" to ministry. She eventually went on to earn a master of divinity degree, as well as a doctorate in ministry. The chaplain was selected to the Naval War College to study for a master's degree in strategic studies. A Baptist chaplain and wife, she has completed tours ashore, afloat, and overseas, including deployments.

"Everyone comes with so

See **WOMEN** page 10

Colorectal Cancer Month Draws Attention to the Benefits of Screening

Second-Leading Cause of Cancer Deaths in the U.S. Claims 50,000 American Lives Annually

By Bernard S. Little
WRNMMC Public Affairs
staff writer

March is National Colorectal Cancer Month, an annual observance to raise awareness of the second leading cause of cancer deaths in the United States.

Colorectal cancer is cancer of the colon and rectum, explained Cmdr. (Dr.) Scott L. Itzkowitz, service chief for gastroenterology at Walter Reed National Military Medical Center (WRNMMC).

According to a proclamation for National Colorectal Cancer Month signed by President Barack Obama on Feb. 28, the disease claims more than 50,000 American lives annually.

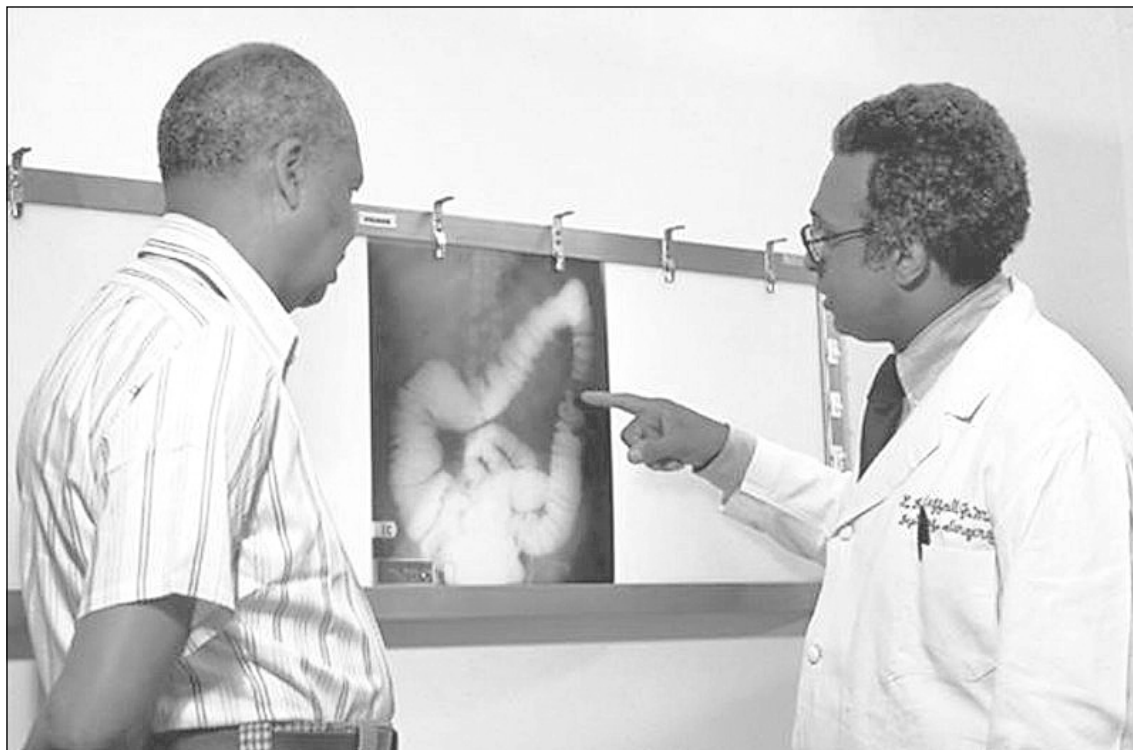
"Because the odds of survival rise dramatically when this cancer is caught early, calling attention to it can save lives," the president's proclamation states. "During National Colorectal Cancer Awareness Month, we aim to improve public understanding of risk factors and screening recommendations, reach for better treatments and set our sights on a cure," the president added.

The Centers for Disease Control and Prevention (CDC) report every year, approximately 140,000 Americans are diagnosed with colorectal cancer, and while anyone can get the disease, the risk increases with age. More than 90 percent of cases occur in people who are 50 years of age or older, according to the CDC.

"There may be no symptoms in early stage cancers," Itzkowitz added. "Later stage cancers may have symptoms to include rectal bleeding, unintentional weight loss, iron deficiency anemia, abdominal pain or change in bowel habits."

Itzkowitz said all individuals are at risk of developing colon cancers. "Globally, it is the third most commonly diagnosed cancer in males and second in females." Those at greater risk are over the age of 40, he continued. He added African Americans have the highest rates for the disease in the United States, and more advanced polyps and cancers than found in Caucasians.

"Family history of colon



Courtesy photo

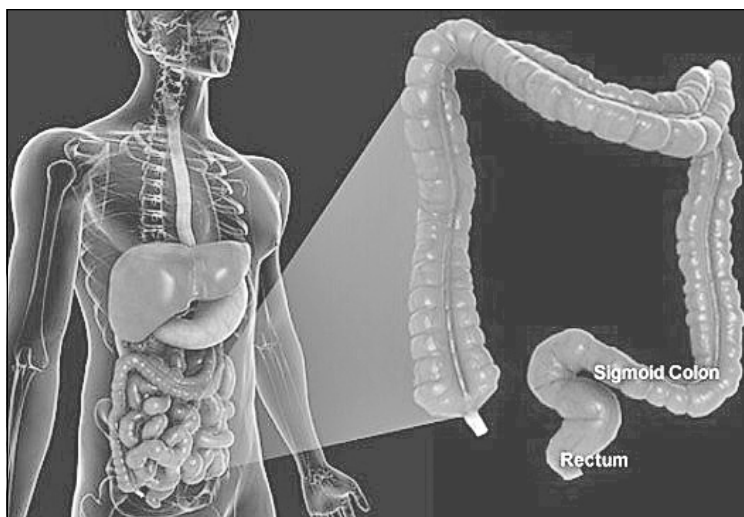
Because the odds of survival increases when colorectal cancer is caught early, physicians recommend screening beginning at age 45 for African Americans and age 50 in other racial groups.

cancers diagnosed before age 60 and known genetic colon cancer syndromes, such as familial adenomatous polyposis syndrome and Lynch syndrome, are risk factors as well as having inflammatory bowel diseases, such as ulcerative colitis and Crohn's disease of the colon," Itzkowitz added.

The physician also explained the screening process for colorectal cancer, stating, "guidelines for average risk individuals recommend optical colonoscopy every 10 years; flexible sigmoidoscopy every five years in combination with yearly fecal hemoccult testing; [and] virtual colonography (virtual colonoscopy) every five years. Double contrast barium enema in the past has also been advocated as a screening modality but its use has declined with the advent of computed tomography (CT) colonography."

"Some patients have personal and/or [hesitation because of ethnicity] to undergo screening due to fear of colonoscopy and due to the inconvenience of the laxative-based prep," Itzkowitz continued. "Our experience is that those patients who are hesitant to undergo optical colonoscopy are best served by CT colonography."

The CDC states at least 60 percent of deaths from colorectal cancer can be avoided with



Courtesy photo

Composite of a colon

proper screening.

"In an average risk individual, screening should begin at age 45 in African Americans and age 50 in other racial groups," Itzkowitz said. "For those who have a family history of colon cancer, screening should begin 10 years before that incident cancer was diagnosed in the family member. For those who have family history of colon cancer syndromes or inflammatory bowel disease, there are individual colon cancer screening/surveillance recommendations and we therefore recommend that patients with these histories discuss these recommendations with their individual providers."

He added with screening,

there's a small risk of infection, bleeding and colonic perforation with optical colonoscopy and flexible sigmoidoscopy. There also is a very small risk of colonic perforation with CT colonography, he continued, but the benefit of screening far outweighs those risks.

One person who touts the benefits of screening is Denise from Ohatchee, Ala. Wishing to remain anonymous, Denise explained, "For two years my doctor kept reminding me that I needed to have a screening colonoscopy. I was perfectly healthy and had no family history of colon cancer. I had many reasons to procrastinate, but basically, out of fear of the test, the prep, and a few dozen lame excuses, I chose to ignore

my doctor. It wasn't until my husband dared me in front of my doctor that I agreed to the test.

"To make a long story short, at the age of 52, I was diagnosed with rectal cancer," Denise stated. "My fear of colonoscopies was nothing compared to my fear of dying from colorectal cancer. I was fortunate. My cancer was in the early stages, and surgery offered me a cure. The moral of my story is if I had waited until I had symptoms, it would have been too late."

A Connecticut native, David, who also wished to remain anonymous, spoke of the benefits of screening. "Both my father and grandfather died of colon cancer — that's what motivates me to get screened. To have the ability to check things before they get too far along is reassuring. My father did not get screened. It actually wasn't until he had some symptoms that he went to the doctor and they found the cancer. Unfortunately, at that point it had already spread.

"I started getting screened right around when I turned 50, and I've had them regularly ever since," he added. "I would tell others — if they can catch it early, before it becomes a problem, why not get screened?"

The CDC reports not smoking, increasing the intensity and amount of physical activity, avoiding obesity and weight gain around the midsection and not drinking too much alcohol can decrease the risk of colorectal cancer. The 2014 Surgeon General's Report, The Health Consequences of Smoking — 50 Years of Progress, concluded that smoking causes colorectal cancer. For help quitting, call 1 (800) QUIT-NOW, text the word "QUIT" to 47848 from your mobile phone, or visit smoke-free.gov. If you don't smoke, don't start, and avoid second-hand smoke.

If you're within the ideal ages for colorectal cancer screening, talk with your doctor about getting screened. For more information, visit www.cdc.gov/screenforlife or call 1-800-CDC-INFO (1-800-232-4636). For TTY, call 1-888-232-6348.

Social Work Month: All People Matter

By Sharon Renee Taylor
WRNMMC Public Affairs
staff writer

March is Social Work Month, a celebration of the 116-year-old profession, according to Dr. Marie Salimbeni, service chief of the Education, Training and Research Service of the Social Work Department at Walter Reed Bethesda.

Social Work aims to improve social conditions and quality of life opportunities for everyone by improving relationships within families, making social support systems more effective and building stronger communities, Salimbeni added.

"It is an opportunity for the profession to showcase and educate others about the range of service we provide to patients of all different ages, branches of service, dependents and veterans, [as well as] learn skills about ways to help the patient and self," Salimbeni explained.

Social Workers can be found in various clinics throughout the medical center, she said, an integral part of the patient's experience at Walter Reed Bethesda.

"Many people may be surprised to know that social workers provide services in both inpatient and outpatient services," Salimbeni said. "They can be found in the Emergency Room, Infectious Disease Clinic, Inpatient Wounded Warrior Service, Cleft Palate Clinic, OB/GYN, [Mother Infant Care Center], Infertility Clinic, Inpatient Pediatrics, Inpatient Hematology/Oncology, Plastic Surgery, Vascular Surgery, Neurology, Admission Planning Unit, Post Anesthesia Care Unit, Pain Clinic, General Surgery, Urology, Nephrology, Transplant, Dialysis Clinic and Outpatient Counseling." Social workers can be found in other parts of the medical center, such as Fleet and Family, and Forensics, she said.

According to the licensed clinical social worker who also serves as director of the Social Work Fellowship in Child and Family Practice, the profession views the person from a bio-psycho-social-spiritual perspective. Salimbeni explained how the theme for this year's Social Work Month, "All People Matter," tied in with the medical center's theme, "What I do matters," as well as the four areas of the Prosperity Plan Initiative (spiritual, personal, professional, and relationships) introduced to Walter Reed Bethesda staff in January.

"If we look at the Prosperity Plan and the four initiatives, social work fits like a glove. What and how we do things has a direct correlation on how all persons served at Walter Reed Bethesda matter," she said.

Chair yoga, Yoga, Tai Chi and Zen drawing were a few of the events offered during the month-long observation for social workers and other staff at Walter Reed Bethesda, to educate



Photos by Sharon Renee Taylor

Margaret Hardy, a certified licensed clinical social worker at Walter Reed Bethesda, has studied Tai Chi for 14 years. "Tai Chi gives us a sense of calmness, grounded-ness and balance in our lives. In order to help other people, we have to be very balanced."



Walter Reed Bethesda staff member Angela Thompson practices Zen drawing, a meditation technique using a structured pattern.

professionals of all different disciplines what social workers do, as well as identify and teach skills they could integrate in both patient care and self-care.

Army 1st Lt. Jason Pearce, a social work intern, and Amanda Heiser, a master's-level social work student from the University of Alabama, coordinated the diverse selection of events for the month-long observance. Heiser said the Tai Chi workshop helped to promote wellness and prevention, as well as maintain resiliency.

"All people matter: our patients here at the hospital, people that we encounter, not only as social workers but also as other providers throughout the hospital," she said. "A lot of times we're always giving, giving, giving and we don't stop to take care of ourselves and we thought that was extremely important so that's why we opened these work-



Walter Reed Bethesda social worker Margaret Hardy leads a group of staff members in Tai Chi, a gentle form of exercise described as "meditation in motion."



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Soldier Earns DAISY Award for Extraordinary Nursing Care

By Bernard S. Little
WRNMMC Public
Affairs staff writer

Army Spc. Jeremy Brannon, a medic on inpatient ward 3C at Walter Reed National Military Medical Center (WRNMMC), recently received the January DAISY Award for Extraordinary Nurses.

Director of Nursing Services Army Col. Risa Ware presented Brannon with the DAISY certificate, pin and hand-carved stone sculpture entitled “A Healer’s Touch” before his supervisors and colleagues on his ward.

It was one of Brannon’s colleagues, registered nurse Laura McLendon, who nominated him for the award, which states, “This nurse’s clinical skill and especially his compassionate care exemplify the



Photo by Sharon Renee Taylor

Army Spc. Jeremy Brannon, a medic on inpatient ward 3C at Walter Reed National Military Medical Center (WRNMMC), takes the vitals of Chief Hospital Corpsman James Granlund. Brannon earned the January DAISY Award for Extraordinary Nurses.

kind of nurse that our patients, their families, and our staff recognize as an outstanding role model. He consistently demonstrates all of the following criteria: compassion; advocacy; commitment; team

player/mentor; professionalism; [and] exceptional care.”

In nominating Brannon for the award, McLendon stated, “[He] was a sitter for a patient with Alzheimer’s disease. The patient’s

wife also suffered from dementia. The patient went for a pacemaker placement, and the patient and his wife were very scared about being separated. [Brannon] stayed with the patient’s wife the whole time, brought her lunch, and kept her company in the waiting room area until the patient’s procedure was done and they were together again.”

A South Carolina native who’s been stationed at WRNMMC since October, Brannon said, “I never knew what being a nurse actually meant. I came from an infantry unit in Camp Casey, Korea before I came to this command, so what I do here at this hospital is totally different. The nurses I work with on the floor have been very patient in teaching me how to provide care to every patient who comes my way. They have shown me

what it really means to be a nurse and to provide the best care possible.

“Every patient deserves excellent care and I believe that contributes to the wellness of the patient,” Brannon added. “Going into every room with a smile on my face has helped tremendously. A big part of nursing is reassuring the family and keeping the patient informed. Since I have been working as a nurse, I have a new found respect for any nurse and every nurse. It truly takes a special individual to be a nurse.”

The medic said winning the DAISY award is “a great accomplishment.” He added the nursing profession has its challenges, “but this award makes everything worth it.”

The family of Patrick Barnes established the DAISY (an acronym for

Diseases Attacking the Immune System) award following his death from an autoimmune disease in 1999. The DAISY award and foundation were established to show the appreciation felt by the Barnes family for the nursing care Patrick received during his hospitalization.

Since its inception, there have been more than 30,000 nurses nominated for the award by their patients, families of patients, and nursing colleagues, at more than 1,600 health care facilities around the world.

Bonnie Barnes, DAISY co-founder and stepmother of Patrick, said, “Nurses are the unsung heroes of health care, delivering clinical skill with compassion, kindness and sensitivity to patients and their families.”

St. Patrick's Day 5K Run 



Coastal Riverine Force Admits Women to Combat Billets

By Chief of Naval Personnel, Public Affairs

The Department of the Navy announced March 7 that women can now be assigned to previously closed positions in the Coastal Riverine Force, continuing in the Department of Defense's rescission of the 1994 Direct Ground Combat Definition and Assignment Rule.

The 30-day Congressional notification requirement ended March 6, which now opens 267 Navy positions in the Coastal Riverine Force (CRF) for the assignment of women. The 267 Navy positions in the CRF small craft include both female officers and enlisted.

"Our continuing effort to maximize all professional opportunities for women in the Navy and Marine Corps takes another step with the opening the Coastal Riverine Force to female officers and Sailors," said Secretary of the Navy Ray Mabus. "We consistently strive to ensure all Sailors and Marines, regardless of gender, have a path toward a successful military career. This not only



U.S. Navy photo by Mass Communication Specialist Seaman Heather M. Paape

Chief Engineman Patricia Cooper, a student in the Riverine Combat Skills course (RCS), patrols the training grounds during a field training exercise in Camp Lejeune, N.C. This class is the first RCS training group composed of Coastal Riverine Force Sailors and the first to incorporate women into the course.

makes us better warfighters, but it ensures our Navy and Marine Corps remains the finest expeditionary fighting force in the world."

With the opening of these billets to females, the only remaining community that is still closed to women is Special Warfare — an issue Special



U.S. Navy photo by Mass Communication Specialist 1st Class Andre N. McIntyre

Sailors assigned to Riverine Squadron (RIVRON) 2 participate in pre-deployment exercises in a riverine command boat. RIVRON-2 is stationed at Joint Expeditionary Base Little Creek-Fort Story.

Operations Command and the Navy continue work on together.

Thirteen women have been identified as the first candidates for the newly opened positions. Since last fall, nine enlisted women have been administratively assigned to Coastal Riverine Squadron (CRS) 2, Delta Company, 1st Platoon, located in Portsmouth, Va.

The administrative assignment was done to assist with management of the training cycle, in an-

icipation of Secretary of Defense and Congressional approval to open previously excluded billets to women. CRS-2 will be the first unit in the CRF to assign women to boats capable of the Riverine mission.

The nine women in CRS-2 have completed the required training, have been screened for the billets, and all nine have been awarded their Navy Enlisted Classification. The end of the congressional notification

period clears the way for these women to deploy with their squadron and potentially be assigned as crewmembers on boats.

There are two other active component squadrons with the same mission: Coastal Riverine Squadron Four in Virginia Beach, Va., and Coastal Riverine Squadron Three, in San Diego.

With the complex and intense training required of Coastal Riverine Sail-

See **COMBAT** page 10

Mind-Body Medicine Program Offers Meditation to Patients, Staff

**By Cat DeBinder
WRNMMC Public Affairs staff writer**

Some people claim meditation does for the mind what working out at the gym does for the body. But, can meditation improve health or prevent problems? There are health care professionals at Walter Reed National Military Medical Center (WRNMMC) who say it can.

"The mind and body are intimately interconnected," said Alexandra Arbogast, program coordinator and senior therapist of the Mind-Body Medicine Program at WRNMMC. "Therefore, our state of mind impacts our physical health, for



Photo by Cat DeBinder

Walter Reed Bethesda offers the Mind-Body Medicine class, giving participants the opportunity for meditation, which researches say can reduce stress and improve overall health.

better or worse," she added. For example, she said people's blood pressure and heart rate increase when stressed.

Dr. Jodi Albert, a

clinical psychologist at WRNMMC who meditates regularly, said there are many forms of meditation. Some forms of meditation are more

active, such as "walking meditation, swimming, creative arts, looking at and listening to an ocean or listening to peaceful music," Albert explained.

"The form of meditation that most people are aware of is 'mantra' meditation, in which people sit quietly for 15 to 20 minutes, typically twice a day, and repeat a word or mantra, such as 'Om' over and over to help quiet the mind and body," said Albert.

She said research suggests a range of benefits such as reduced production of stress hormones, reduced blood pressure, improved relaxation and concentration and improvements in various stress-related conditions.

Marianne Leas, also a therapist in the Mind-Body Medicine Program, explained with increased insight individuals increase awareness of un-

conscious patterns that contribute to acute and chronic disease.

"By changing habitual ways of responding to stress — physically, emotionally, or cognitively — we can learn to re-balance our nervous system and our lives in general," Leas said.

Arbogast refers to meditation as a core skill that involves "bringing ones' attention back to the present moment with an attitude of openness and curiosity." She said that during meditation, the attention to the present moment will wander and the main task is to keep bringing it back to the present. "In this

See **HEALTH** page 10

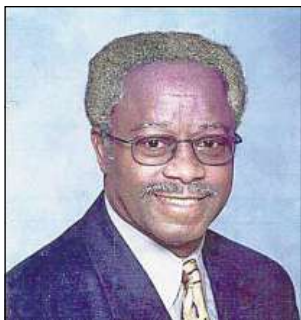
Electronic Health Record Innovator Served at WRNMMC Predecessor

By Bernard S. Little
WRNMMC Public
Affairs staff writer

"The United States Department of Defense (DoD) has transformed health care delivery in its use of information technology to automate patient data documentation, leading to improvements in patient safety," writes authors Marie-Jocelyne Charles, Bart J. Harmon and Pamela S. Jordan in the federal publication "Advances in Patient Safety: From Research to Implementation."

Produced by the U.S. Department of Health & Human Services in 2005, "Advances in Patient Safety: From Research to Implementation," describes what federally funded programs have accomplished in understanding medical errors and implementing programs to improve patient safety.

In "Advances in Patient Safety," Charles, Harmon and Jordan, who worked at the TRICARE Management Activity, wrote, "The DoD recognizes the value of secure, computerized



Courtesy photo

Johnnie R. Jackson

patient records available on demand as a substantive tool for enhancing patient safety."

One of the first persons to call for increased and improved automation within the military health care system was Johnnie R. Jackson, Ph.D. A native of Crawford, Texas, Jackson was director of Management Information Systems (MIS) at WRAMC, a predecessor to Walter Reed National Military Medical Center (WRNMMC) during the 1970s. At that time, WRAMC ranked in the top 1 percent of hospitals of similar size in the United States, and the publication "Information Systems

per," wrote, "A medical center of this magnitude demands an ever increasing amount of automation, not only to provide administrative information, but to improve health care delivery as well."

The newspaper continued, "Dr. Jackson, with his medical and data processing experience, headed an MIS team at Walter Reed [whose] performance, along with the help of other organizations, led to the installation of an automated Patient Monitoring System, an online Patient Registration System, a Food Service System, and a Hospital Logistics System. In 1980, an online Computer-Assisted Practice of Cardiology will be a reality, due to MIS operations. Walter Reed now approaches the automation necessary to carry out its three-fold mission – patient care, research and education."

Jackson, 34 when he became the first MIS director at WRAMC during the 1970s, earned his doctorate degree in computer systems and MIS from American University

in 1975, making him also one of the first persons to earn a degree in those concentrations from the university.

Explaining why he first called for an electronic health record system and better automation in the military health system, Jackson said, "Most patients' paper medical records are stored in different locations. Collecting and transporting them to a single location for review by a health care provider is time consuming. When paper records are located at multiple sites, copying, faxing and transporting costs are significant." In addition, patient privacy becomes a concern, he added.

"Handwritten paper medical records can be associated with poor legibility, which can contribute to errors," Jackson added. "Hardcopy medical records can also be lost, misplaced or misfiled," he said.

Jackson said a good electronic health record system "increases physician efficiency, reduces costs and promotes standardization of care." He

added physical patient records "usually require significant amounts of space to store and are not truly accessible when they are needed to provide patient care."

To help improve patient care and automation in DoD, Jackson was instrumental in helping to develop the Tri-Service Medical Information System (TRIMIS), a program for the application of automatic data processing to improve the effectiveness and economy of health care delivery in the Army, Navy and Air Force. It served as a predecessor to the Composite Health Care System (CHCS) and Armed Forces Health Longitudinal Technology Application (AHLTA), currently being used by DoD. The systems were designed to give health care providers access to data about conditions, prescriptions, diagnostic tests and other information essential to providing quality care.

For his efforts to improve and advance DoD automation, Jackson was awarded the Legion of

Merit by then-Secretary of the Army Clifford Alexander Jr., in 1980. The award states, "[Jackson] successfully reorganized both the technical and administrative department functions to accommodate vastly increased requirements. He established outstanding rapport with the myriad of disciplines through [WRAMC], drastically improving communication and enabling successful application of automation in a clinical environment."

Following his retirement from the military, Jackson pursued a second career in academia, teaching at Howard University's School of Business, Information Systems Department. He also served as a computer consultant to various private and government agencies, and wrote a book published in 2008 exploring the challenges faced by the U.S. health care systems and possible solutions.

Jackson's efforts drew notice beyond DoD. Patricia Carter Sluby wrote about him in her book "The Entrepreneurial Spirit of African American Inventors," published in 2010. She wrote: "Jackson first invented a portable clinical electronic medical records system, and then originated a system and method for portable medical records data flash cards. This innovation has the ability to integrate computer-based technologies with medicine."

Sluby added, "In [Jackson's] system, a patient's entire electronic health record is downloaded to a desktop without the need for converting the sophisticated, complex hospital information system records. Major diseases such as diabetes and other debilitating diseases can be managed by this cutting-edge technology. Further, it can help reduce deaths due to drug contraindications and can establish a paperless environment for small, rural medical clinics and outpatient providers as well as possibly transform the nation's [health care] systems."

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Navy-Marine Corps Relief Society Kicks Off Fund Drive



Photo by Mass Communication Specialist 3rd Class Brandon Williams-Church

Naval Support Activity Bethesda Commanding Officer David A. Bitonti signs his donation sheet for the annual Navy-Marine Corps Relief Society (NMCRS) Fund Drive. The drive is designed to raise funds necessary to financially assist Navy and Marine Corps personnel and NMCRS programs. For more information on the NMCRS Fund Drive contact Master-at-Arms 1st Class Raymond Herrera at Raymond.Herrera@med.navy.mil.

Women's History Month Celebrated



Photo by Sharon Renee Taylor

Saluting women and their accomplishments, Master Sgt. Christal J. Rheams and the U.S. Army Band "Downrange" perform a selection at Walter Reed Bethesda's Women's History Month observance on March 19 in the America Building atrium. Walter Reed Bethesda's own Army Spc. Trinity Eubanks also performed at the observance, after a welcome offered by Army Col. Nancy Vause, director, National Military Audiology and Speech Pathology Center. Vause was introduced as the Army's first female audiologist. In 1987, Congress passed Public Law 100-9, which designated the month of March as Women's History Month. The Bethesda Multicultural Committee sponsored the event.

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WOMEN

Continued from 3

much to offer, yet often they don't see what's inside them," Bradley-Davila said. "As a chaplain I need to help them fulfill their purpose in life."

Army Master Sgt. Staci Harrison

Harrison has served in military uniform for 22 years. The practical nurse works as the senior enlisted leader in the Directorate for Nursing Services. She said she draws inspiration from her family, noted poet and writer Maya Angelou, former Secretary of State Condoleezza Rice and Army Command Sgt. Maj. Donna Simmons.

The Soldier said the integrity and strength of her mother Patricia Vasquez inspires her, just as her grandmother Pat Rahn's capacity to love. Harrison also recalled, "Ms. Berkey, my high school calculus teacher, because she was so smart and involved in [the study of sci-

ence, technology, engineering, and mathematics]."

She said she also draws motivation from the inspirational writing of Angelou, an American author and poet awarded the Presidential Medal of Freedom award in 2011 for literature. Harrison explained Rice, the first woman to serve as National Security Advisor to a U.S. president, inspired her "for her accomplishments in politics and education," as well as her love of football and gracefulness. Simmons epitomizes Army values and professionalism in both word and deed, according to the master sergeant.

Deployed downrange twice — to Iraq in 2007 and Afghanistan in 2012, Harrison said her biggest inspiration are her daughters, Jenee and JaVonne. "They make me want to be the best woman I can be," she explained, and provided her reason why it's important to observe Women's History Month.

"No one came into this world without a woman being involved," Harrison said. "Women have many accomplishments to their credit — one of them is for raising the superstars of the world."

SOCIAL WORK

Continued from 5

shops to not only social workers but everyone — everyone matters," Heiser explained.

Margaret Hardy, a certified, licensed clinical social worker at Walter Reed Bethesda led two sessions of Tai Chi, a gentle form of exercise often described as "meditation in motion" — a slow series of motions without pause. A social worker for 18 years, Hardy has studied Tai Chi for nearly the same length of time.

"Tai Chi gives us a sense of calmness and grounded-ness and balance in our lives. In order to help other people, we have to be very balanced and be able to take on the challenges and the mission to help other people to be the best that they can be," Hardy explained. "In order to do that, we have to be the best that we can be."

Pearce taught the Zen drawing workshop, a type of "doodling" as a meditation technique, using a structured pattern. The Soldier described the practice

as a way to self-care, relax, de-stress and have a little fun aside from the daily grind.

"I love this," explained one social worker in the workshop. "I'm loosening up," said Kimberly Carden, a social work student from the University of Alabama, who described herself as "detail-oriented." Carden said she was thinking about Zen drawing on a regular basis. "I'm too much of a planner, so it's good to get me out of that, and "go with the flow," she said.

"Walter Reed National Military Medical Center is a training hospital. One role of a social worker that is not always known is to teach and mentor the next generation of leaders in the field," Salimbeni explained. "Their ideas and enthusiasm helped them to see how they can create change and see "what I do matters."

The Department of Social Work hosts "The Secret to Happiness at Work" discussion on Wednesday, April 2 in Memorial Auditorium from 9:30 a.m. to noon. The session offers continuing education units (CEU) hours to social workers. For more information, please contact Amanda Heiser at 301-319-2889.

COMBAT

Continued from 7

ors, and in preparation for the lifting of the women in combat exclusion, both Squadrons are implementing plans to incorporate women into squadrons capable of the Riverine mission as soon as feasible.

CRS-2 is scheduled to deploy this summer and is currently in pre-deployment training.

CRS-4 recently returned from deployment and CRS-3, Delta Company, recently deployed.

CRF operates in harbors, rivers, bays, across the littorals and ashore. The primary mission of CRF is to conduct maritime security operations across all phases of military operations by defending high value assets, critical maritime infrastructure, ports and harbors both inland and on coastal waterways against enemies, and when commanded conduct offensive combat operations.

HEALTH

Continued from 7

way we can train our attention to be more stable, let go of mental and emotional clutter, and achieve greater peace of mind."

One of the most positive aspects of meditation is it does not require a great deal of time or expensive equipment, said the therapists.

"Research has shown that regular meditation practice, as little as 10 minutes a day, strengthens parts of the brain associated with attention, emotion regulation, stress management and pro-social behaviors such as a sense of empathy for others," Arbogast added.

The senior therapist said she sometimes recommends and teaches meditation and other mind-body techniques to patients with positive results.

"In general, patients who start meditating, and especially those who prac-

tice regularly, report feeling less overwhelmed, more relaxed, better able to reduce stress and manage their emotions," Arbogast explained.

Susan Emerson, a Walter Reed Bethesda patient who takes advantage of the Mind-Body Medicine classes, said meditation practices she has learned at WRNMMC have made a "huge improvement" in her life.

"I have a history of solving other people's problems and meeting stressful deadlines on projects. The meditation practices and Stress Resiliency classes have helped me step back and look at my inner self," she said.

Emerson said she is much less stressed and has let go of anger she wasn't aware of.

Leas said one of her patients who now meditates told her, "There is more laughter at our table during dinner."

For more information about the Mind-Body Medicine Program, contact Arbogast at (301) 319-4960 or email Alexandra.s.arbogast.ctr@health.mil.

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